

Useful
Hints

Woman and Home

Ethical
TalksForget Your Birthdays
(BY ANTOINETTE DONNELLY.)

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It would be the best thing in the world for everybody if the day on which he or she were born could be forgotten, just as other incidents of early youth are forgotten, for birthdays have a demoralizing influence on body and mind. You go along feeling as young and as full of life and enthusiasm as you ever did. Then, out of a "deep, dark past," up looms a birthday record. Instantly you are reminded of your mental and physical attitude changes. It is time to "settle down," you say. And you begin at once to "settle down" in both body and mind.

When you reach a stage of "settling down" then you are old. But you're young as long as you avoid it, no matter if the family Bible says you were born fifty, sixty or seventy years ago. Don't suppose it is exactly possible to entirely lose the personal reckoning with birthdays. But you can refuse to dwell on the figures of life as they climb up. In fact, you can train yourself to keep only an indifferent tally on them. No alive adult—especially a woman—is made happier by being reminded every twelve months of increasing age. So why celebrate birthdays?

Birthdays are not a reliable standard of measurement of your physical condition, your mental capacity or your personal attractiveness. Some men and women at forty-five are younger in spirit than men and women of thirty.

Certain women who are personally twenty-four or thirty or thirty-five, inaugurate a fashion that is worthy of universal adoption. If you wish secretly to stop the hands on life's dial, why don't you? Forget to remember your birthdays. Or if because of your family some specific numeral must be attached to the day, choose a figure consistent with the age you feel and live down to it. Do as a fascinating young grandmother did when she wrote to an old school chum: "To-day I'm celebrating another thirty-second birthday."

Many women who are stiff, settled and old-fashioned carry on their faces that "Nothing's-ever-going-to-happen" expression would be a million times more attractive if they practiced the art of forgetting the day upon which they were born.

Antoinette Donnelly's Answers.
Carpenter—The condition of the stomach frequently affects the teeth to the point of decay. The ordinary alkaline waters taken internally will often correct the condition. Yes, I do think the feet are responsible for the wide, pale of the body. You probably do not realize how necessary it is to give them daily care. When they are tired and swollen from long standing or much walking they can be greatly relieved by massaging with olive oil or bathing in soda water. I have a formula for corns which I shall be glad to send you if you will send me a stamped, addressed envelope, also instructions on mouth hygiene.

Brown Eyes—Yes, the swimming exercises are excellent for developing the thighs. Stand with your feet about eighteen inches apart, with the right foot advanced and the right leg straight, the weight is thrown on the left leg and the arms bent at right angles, ready for the beginning of the stroke. Shoot the arms directly forward and throw the weight on the right, which should be bent. Then swing the hands and arms outward in a horizontal plane until the arms, trunk and legs are brought into the original position. Then take the same exercise, reversing the positions of the right and left legs.

A Man—One hundred and thirty is too little for one over twenty. Weight which is five feet in height. You did not tell me your age, so, of course, I cannot tell you exactly how much you should weigh. You may be in excellent health and have a good appetite, but yet not eat foods that are poor fat eaters. If you will follow the diet of the leaner, you will find rest and don't worry too much about your work. I am sure you will be able to increase your weight to the desired number of pounds. I hope you will write to me soon. If I can help you in any way.

Letitia—I am glad you decided to write to me, and I hope you will write just whenever you feel in doubt about any beauty matter. Yes, indeed, it is not unusual for a person with blonde hair to have dark brown eyes and dark eyebrows and brows. It is really a beautiful contrast to the general type of blonde eyes and blonde hair and brows. The green-snow treatment, I am sure, will help you remove the blackheads. I shall be glad to send you a formula if you will send me a stamped, addressed envelope.

Constance L. R.—I am sorry to disappoint you, but I do not all the formulas you have the cream put up at any beauty drug store. This is an excellent formula for acneless skin.

NEW SWEATER
Trimmed With Fur

An effective expression of the fur mode is the fur which is found on the new silk sweaters. These attractive and luxurious affairs are indeed nothing more than their descriptive adjectives imply.

They are of fine jersey-like silk that, while it is beautiful, imparts less warmth than the heavier coverings of its class.

SILK COMBINATION
Cool and Airy

An Italian silk combination; is cool, webby both in texture and design.

cream; Tracacanth, eighty grains; glycerin, one-half ounce; borie acid, one-half ounce; oil of bergamot, five drops, and water enough to make one pint. Dissolve thoroughly with moderate heat. Apply, using friction or massage, then wipe off with a soft cloth.

Dr. Eady's Health Talks
Catching Appendicitis.

Isn't it charming how frequently our prophecies, uttered in this domain of dogma, come true? On two or three occasions, we are quite sure, it has been observed that the far-sighted doctor was found to have been right. A strong suspicion that a great many cases of appendicitis are nothing else than the localization in the appendix of bacteria which have entered through the nose or throat in an attack of "cold" or sore throat.

This observation is purely clinical—putting two and two together at the bedside and making six or eight of it. But now, we are happy to announce good scientific evidence as at hand to support the bare clinical fact. The conclusion is greatly strengthened that you can really catch appendicitis—but not necessarily from another case of appendicitis; no, you can catch it from a plain cold or a simple sore throat or tonsillitis just as well, which is all the more reason for isolating yourself from these "simple colds." It being still considered good form for the appendix as the appendix to spread his germs about indiscriminately as he pleases.

Among the illuminating investigations carried on by Dr. Rosenow, one of the foremost experts in bacteriology, it was found that certain strains or cliques of bacteria which produced tonsillitis also produced appendicitis. It has been known for years that the pneumococcus, that versatile "cold," sore throat and pneumonia germ—is present in the appendix as the appendix to typical diseases of young persons, in whom adenoid tissue is most vulnerable to infection; and finally, it is a victim of tonsillitis or a "cold" and develops acute appendicitis as a complication or soon after the "cold" comes on.

So here is one way to avoid appendicitis—avoid the friend who has a "slight cold."

But still the old way helps prevent it too: keep the bowels regular by suitable diet and exercise and habit, for the over-proliferation of bacilli is easily the most prolific factor of appendicitis.

Questions and Answers.
Dislikes Our Picturesque Style—Do you ever descend to earth and say anything in plain ordinary English? asks a disgruntled correspondent whose "storybook" complaint proved beyond our province.

Answer—Yes, occasionally, but just as signs as we speak plainly somebody catches his subscription or something like that.

Advice About Feeding the Baby.
Can you advise me about a good plan for feeding a four-month-old baby?
Answer—A letter on the subject will be sent on receipt of stamped, addressed envelope.

Take Cheasty Cures.—Several readers have inquired about different cheasty cures. We suggest that they write American Medical Association, 525 North Dearborn Street, Chicago, Ill., and ask for authoritative data.

NEWS OF ASHLAND

ASHLAND, VA., August 8.—Mr. and Mrs. D. R. Midgette have returned from Kingston, N. C., where they attended the funeral of Mr. Midgette's mother, Mrs. Emma Selby Midgette, who died suddenly here on Sunday.

T. Leitch Wright is at Millboro. Mrs. Anna B. Moebly, of Front Royal, Va., is the guest of her brother and sister-in-law, Dr. and Mrs. R. E. Blackwell.

Dr. Joseph Lenke, of Doones, Va., was here during the week visiting his father, J. M. Lenke.

Frank Jackson, of Memphis, Tenn., will arrive this week to visit his sister, Mrs. M. M. Hays.

Mrs. Luther P. Hartsock and Master Parke Hartsock left on Saturday for Virginia Beach to spend some time with their grandmother, Mrs. H. C. Scott.

Rev. and Mrs. William Hedley and children have gone to North Carolina to visit relatives.

Mr. and Mrs. W. S. Tucker and children are guests of Mr. and Mrs. Floyd Tucker.

Mr. and Mrs. J. J. Sutton, of Richmond, are with Mrs. James Harris. Miss English is the guest of Miss Caroline G. Holliday.

Miss Sue Hoover Lancaster have returned from a visit to Mrs. J. Ligon Price in Chase City.

Misses Carrie Libby, of Smithfield, and Jeanie Eubank, of King William, are guests of Miss James Harris.

Misses Mildred and Alice Hart left on Saturday for Apple Grove to visit relatives.

Mrs. W. H. Hammond entertained at

bridge on Tuesday at her home "Maplewood." The prizes were won by Mrs. James Chenery and Miss Lou Redd.

Reed and William Blincoe have returned from a visit to their father, L. S. Blincoe, at Willoughby Club, Willoughby Beach.

HYPNOTISM IS CURE

German Soldiers Have Been Believed by Hamburg Professor.

[Special Cable to The Times-Dispatch.]

THE HAGUE, August 8.—Hypnotism and mental suggestion are being used to cure German soldiers suffering from convulsions and loss of speech and hearing. Professor Nonne, of Hamburg, has worked miracles in this line, says the Deutsche Medizinische, having cured with surprising celerity many men who had been given up as hopeless cases. Professor Nonne is especially proud of one case—that of a soldier who had been blind for months and, in addition, had lost the use of his limbs. Nonne cured him in three treatments, his sight and command of his limbs being completely restored. The man has now resumed his trade of engineer.

REMARKABLE SITUATION
ON EVE OF NEXT CAMPAIGN

(Continued from First Page.)

organization exhibited signs of division. There were developments that the Republicans prophesied, the eventualities upon which they expected to base their next campaign. To these the minority leadership expected to add an unfortunate Mexican policy.

EUROPEAN WAR WIPES
SLATE CLEAN OF OLD ISSUES

All this figuring has, however, been futile. The European war has come and has wiped the slate clean of old issues. Hard times is rarely mentioned politically now for the simple reason that few sections of the country feel that times are hard. The tariff and antitrust legislation are spoken of only academically. Party schisms among the Democrats may still exist, but they are not apparent on the surface.

The attention of the American people is fixed upon foreign affairs—Europe and Mexico—and upon other phases of the present administration's work. There is political dynamite in each of these situations, and nobody knows it better than the president himself; yet he has passed unheeded, so far, through one of them and is concentrating all his intellectual resources in an effort to escape danger in the other.

World war with its attendant hazards, its stimulation to American business, its neutrality problems, its effect upon the "hyphenated" prejudices, in America, combined with the merciless sacrifices of blood and treasure abroad, has completely overshadowed domestic politics in the United States. Neither party people nor politicians are talking about the situation, and the national campaign which now approaches. This time four years ago Washington was filled with candidates' headquarters. Four Democrats were in the field and two Republicans. Leaders, "managers" and just plain "fixers" crowded the city. To-day there are no headquarters and no candidates.

The Democratic leadership has nothing to bother about with respect to candidates. The President will be re-nominated, if he decides to be a candidate, notwithstanding the possible Bryan opposition. That is all there is to that end of it. The Republicans are simply awaiting the course of events. The full House are no longer regarded as a determining factor. All in all, it is a most remarkable situation that the country finds itself in on the eve of a national campaign.

MEXICAN OUTLOOK
IS NOT SO BRIGHT

(Continued from First Page.)

yesterday from Maine to meet Mr. Lansing.

The two Cabinet members were together for several hours. Much interesting was attached to the meeting, because of the report that Mr. McAdoo, who had seen President Wilson at Cornish during the week, was supposed to convey to Mr. Lansing the President's exact ideas regarding plans to bring the warring Mexican leaders together. There were reports that the object of the meeting was to arrange financial measures necessary to establish a stable government in the southern republic, on these and other matters Mr. Lansing declined to talk.

"I have absolutely nothing to say," was his answer to all questions.

CARDOSO ASKS WARSHIP
TO TAKE HIM TO KEY WEST

MEXICO CITY, August 8.—Jose Manuel Cardoso, the Brazilian minister, who has represented the United States here since withdrawal of the American embassy, to-day cabled the Washington State Department requesting that a warship be provided to take him to Key West, on his way to Washington, where he will confer with the Brazilian minister to the United States and Secretary Lansing. He has personally thanked General Gonzales, the Carranza commander, for agreeing to provide him with a special train and an escort for the trip to Vera Cruz on Tuesday.

The Carranza forces have recaptured the city waterworks and electric light plant. There has been no disorder.

Guy S. Callender Dead.

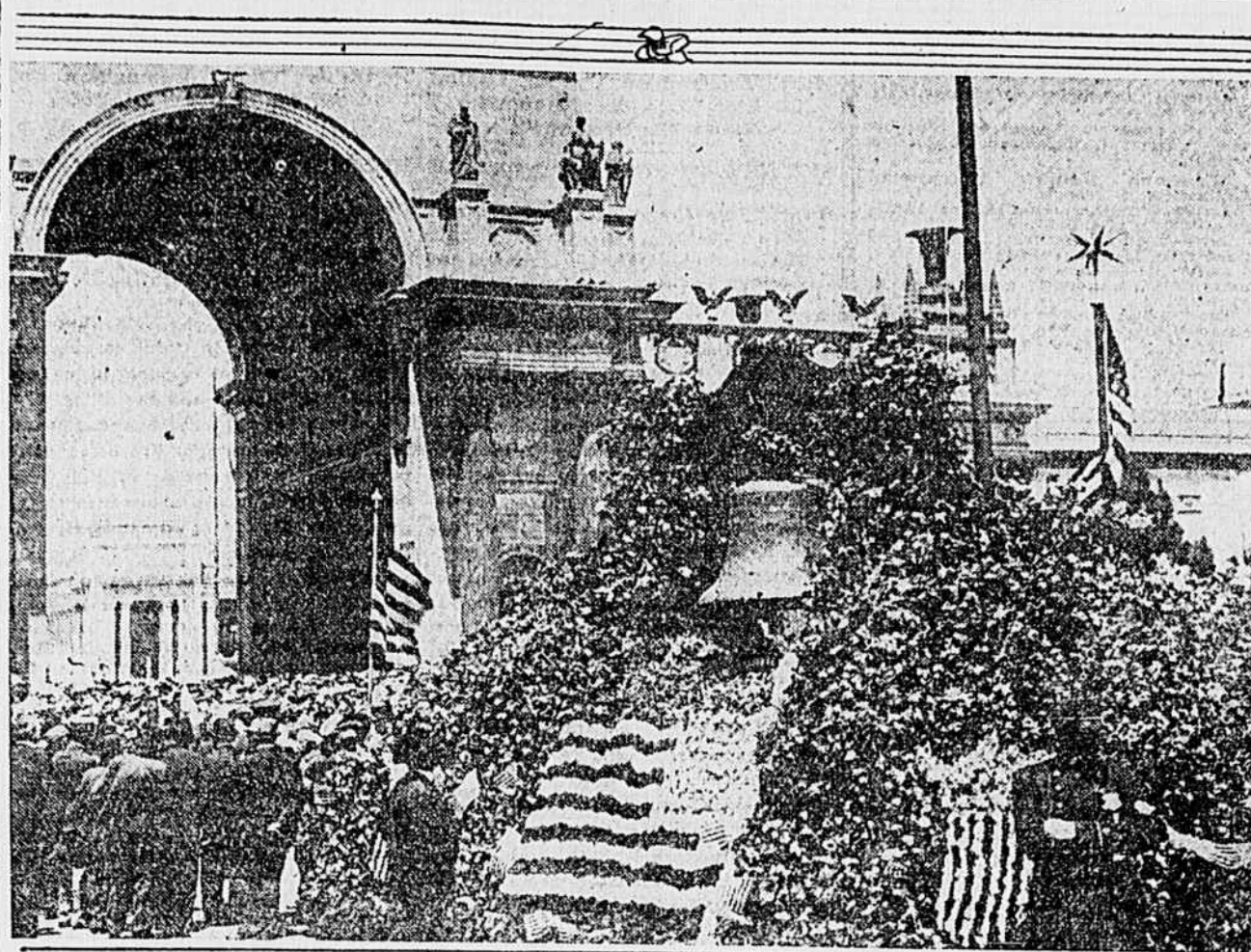
BRANFORD, CONN., August 8.—Guy Stevens Callender, professor of political economy at the Sheffield Scientific School, and an authority on economics, died of apoplexy to-night at Indian Neck, near here. He was fifty years of age.

WILL FIGHT TO LAST MAN
AND ACHIEVE VICTORY

PETROGRAD (via London), August 8.—The general committee appointed to organize industries for military purposes began their labors yesterday. Representatives of all parts of the empire attended the committee meetings. Addressing the committee, M. Rikhsinsky, the Moscow millionaire, said:

"We shall retire, if necessary, as far as the Ural Mountains. We shall fight to the last man, but we shall gain victory."

One of the Most Interesting Sights at Exposition



The Liberty Bell at San Francisco Fair.

SAFETY-FIRST MOVEMENT
IS SHOWING ITS EFFECT

No Passenger Killed on American Railroads in Last Quarter of 1914.

SOME INTERESTING STATISTICS

Only Seventy-Eight Fatalities on American Railroads, Including Employees, Passengers and Trespassers on Railroad Right of Way.

United States railways performed the greatest safety first feat in their history in the three months, October to December, 1914, when they carried 230,500,000 passengers 7,834,000,000 passenger miles without the loss of life to a single passenger in a collision, and a total of only seventy-eight fatalities to passengers, employees on or off duty and other persons due to train accidents. Of the seventy-eight killed, fourteen were persons who invited danger by using a railway track as a promenade, being trespassers. Thus only sixty-four fatalities in the entire three months were rightly due to train accidents.

Figures compiled by the Bureau of Railway Safety and Statistics from the quarterly accident bulletins of the Interstate Commerce Commission since 1901, when the law requiring monthly accident reports first went into effect, show this achievement to have been unprecedented. Even if it had been equaled before 1901, the comparison would be worthless, because of the gigantic disparity in mileage and traffic then and now.

ONLY TWENTY BEFORE
HAS FEAT BEEN EQUALED

Only twice before since 1901 has the country's entire railway mileage without a single fatality to a passenger in a collision. The clear records were made in April, June, 1912, with 7,885,000,000 passengers carried one mile, and in April, June, 1909, with 7,325,000,000 against the 7,834,000,000 in the 1914 quarter. Never before, forty-one fatalities to passengers in collisions in the entire year, 1911 had a record of immunity exceeded only once before, by the thirty-nine in 1913. The recurring figures show a graphically record how the safety first movement has made a such gigantic combinations of forces as surround billions of passenger and ton miles over hundreds of thousands of miles of railway. But for an extraordinary figure in the third quarter of 1914, the year's total would have been only five instead of forty-one, against thirty-nine the previous best. Never before, however, was the record of seventy-eight fatalities to all persons from train accidents equaled. Only once was it approached, in April, June, 1909, when ninety-nine fatalities occurred. It is remarkable is the record shown by comparison with preceding quarters, which, in order to January-March, 1912, reported 181, 184, 120, 191, 211, 152, 158, 250, 288, 118 and 267.

ENTIRE YEAR HAS UNIQUE
ACCIDENT RECORD

Not only the fourth quarter, however, but the entire year 1914 attained a record in this respect, its total of 483 deaths from train accidents to all persons, passenger, employee or other, never having been equaled before. Back to July 1, 1901, the yearly totals are: 1914, 483; 1913, 712; 1912, 553; 1911, 741; 1910, 1,058; 1909, 713; 1908, 612; 1907, 1,237; 1906, 1,200; 1905, 1,086; 1904, 1,041; 1903, 1,256; 1902, 831; 1901, 512.

KILLED IN BATTLE

Son of Chicago Woman Had Won Honors in France.

[Special Cable to The Times-Dispatch.] PARIS, August 8.—Henry Jousellin, whose mother was Miss Cutler, of Chicago, and nephew of Peter Dudley, of Chicago, is reported to have been killed in action. His name appears in to-day's casualty list.

Jousellin, whose father is vice-president of the Paris County Council, was a dashing young man of twenty-one, well-known in society circles. He was serving in the army at the outbreak of the war, and was with first troops sent to the front, where he had since served with distinction. His many acts of courage had gained him quick advancement to the rank of brigadier.

COSTA RICA REPULSES
INVASION OF LOCUSTS

Appearance of Insect Calls Forth Resources of Government to Check It.

PEOPLE THROWN INTO PANIC

Some of Methods Used in Destroying Pests Not Unlike Those Employed by Warring Armies on European Battle Fields.

SAN JOSE, COSTA RICA, August 8.—This country has recently completed the destruction of an invasion of locusts. It was the first appearance of the insect here since 1875, and was so extensive that it called forth the resources of the government to check it.

The population was for a time thrown into a panic, and even women and children turned out to fight the insects. Some of the methods used in exterminating the pests were not unlike those employed in destroying human beings on the European battle fields, and gave to the fighting semblance of real warfare.

The invading army was bombarded with cannon loaded with sand, and with rockets, sprayed with asphyxiating gases and blown up with gunpowder. The torch was also used, and there was likewise left loose to attack the insects an army of coco-bacilli, which has been discovered to be a mortal enemy of the locust.

The locusts came over the border from neighboring Central American republics. The press of the latter had been reporting the devastating effects of a locust plague for a year, which were so alarming that the Costa Rican government made preparations for an invasion of its territory. Disheartening reports reached here not only from Guatemala and Honduras, but also from Salvador and Nicaragua, where through neglect or other reasons no efforts to eradicate the plague were made either by the governments or by private agricultural interests. The damage the insects wrought on crops in these countries advanced several prices to such an extent that their governments were forced to import large shipments of grain, which were sold at moderate prices.

This, together with the increase in the rate of exchange caused by the European war, caused dealers in this country to ship large quantities of grain to these markets. This resulted in a considerable increase in the local market price, and all grain underwent what might be termed a boom.

In view of the excellent prospects for the sale of the next crop, all farmers in this country, notwithstanding the threatening plague, were attracted to the planting of cereals, and large tracts of land were prepared and cultivated.

TURNED BACK INTO
NICARAGUAN TERRITORY

As a warning of the impending peril, a small swarm of locusts invaded Costa Rican territory by the Province of Guanacaste, but owing to the prompt action on the part of the government with sand-loaded cannon and rockets, the swarm was easily repulsed, and turned back into Nicaraguan territory.

After this two or three months elapsed, in which the government had time to make more thorough preparations and adopt special measures. A certain quantity of coco bacilli was im-

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SUMMER GARDEN.

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Single Rooms with Bath, \$3.50 up.
Double Rooms with Bath, \$5.00 up.

To reserve rooms or to secure further information address Fred Sterry, Managing Director.

ment of Agriculture at Washington. Another curious thing was that the insect did not touch coffee or sugar cane, confining itself chiefly to corn and bean cultivations.

The plague has in fact greatly contributed to boost agricultural interests. The chief coffee crop will exceed by far those of all previous years. It is estimated; the grain crop will be thrice as large and is expected to find a ready market in the neighboring countries.

ELECTION IS POSTPONED

It Is No Time for Political Excitement in Haiti.

PORT AU PRINCE, August 8.—Election of a President of Haiti to succeed Vilbrun Guillaume, who was shot to death by a mob of revolutionists on July 28, has been postponed indefinitely. The election was to have taken place to-day.

The American naval forces to-day repressed some disorder by brigades at Croix des Bouquets, near Port au Prince. The chief of the brigand band was captured and placed on board the United States cruiser Washington.

Other disorders are reported at St. Marc and Aux Cayes, but details are lacking.

No Time for Politics.

WASHINGTON, August 8.—Rear-Admiral Caperton has advised the Navy Department that indefinite postponement of the presidential election was decided on because the time was deemed inappropriate for political excitement. The admiral said conditions in the island republic were improving as a result of renewed confidence regarding intentions of the United States. Except for the slight disturbance at St. Marc, the entire island was reported quiet.

Haitians in the coast towns, the admiral said, exhibited the best of feeling toward the American forces, and were co-operating with the officers in charge.

Rear-Admiral Caperton reported to-night that he had taken over the administration of the customs office at Cape Haitien, and had placed Paymaster Charles Morris, of the cruiser Washington, temporarily in charge. No mention was made of the reported seizure of the customs office at Port au Prince. Business conditions in Cape Haitien, the dispatch said, were improving, and there was an apparent disposition among the natives to support the city government reorganized by Admiral Caperton.

The admiral's dispatch reported the arrival of the Haitian gunboat Nord Alexis at Port au Prince with 200 disarmed Haitian soldiers, who were escorted to their homes by American marines after pledging themselves to keep the peace.

What to Do for
Itching Skins

Eczema, ringworm and other itching, burning skin eruptions are so easily made worse by improper treatment, that one has to be very careful. There is one method, however, that you need not hesitate to use, even on a baby's tender skin—that is, the resinol treatment. Resinol is the prescription of a Baltimore doctor, put up in the form of resinol ointment and resinol soap. This proved so remarkably successful, that thousands of other physicians have prescribed it constantly for 20 years.

Resinol stops itching instantly, and almost always heals the eruption quickly and at little cost. Resinol ointment and resinol soap can be bought at any drugstore, and are not at all expensive. Write for free sample, Dept. 22-R, Resinol, Baltimore, Md.

What shall I prepare for breakfast?

What shall I prepare for breakfast?

Serve Washington CRISPS—the natural flavored CORN FLAKES with the national reputation for quality.

Every member of your family will like CRISPS—they're so tasty and satisfying with milk or cream and sugar. Add your favorite fruit, if you like.



Washington CRISPS
The Crispy Toasted Corn Flakes.

10 cents at your grocer's for the bigger box